



AUSTRALIAN MASTERS ATHLETICS

Promoting active healthy athletics competition through our network of state and territory associations



Jan Banens

W75 Hammer 33.17m & Weight Throw 12.75m - Gold



Mens 60 4 x 400 Relay – Gold

Rob Mayston, Andrew Watts, Campbell Till, Trevor Young



Photos Graeme Dahl - MAWA



From The President

This will be my last article under the heading of 'From The President' as my time on the AMA Board comes to a close at the AGM to be held in Wollongong on 20/21st October. There will be several new younger faces on the Board after that date which can only be a good thing. I wish the new AMA Board all the best in progressing our sport forward.

Malaga

Perhaps the best news from the last month has been the great results of our Australian team in Malaga at the WMA Championships. To finish fifth on the medal table is a great achievement and I must thank our two appointed team managers, Janet Naylon and Donna Hiscox, for the work they put in over many months to keep the team updated as information came to hand.

4 x 800m

A new opportunity has become available for some athletes who enjoy the challenge of a 4 x 800m. Until Malaga world records for this event were in 10 year age groups. Now world records will be kept in five year age groups so the 45, 55, 65, 75, 85 age groups need to start planning some 4 x 800m over the summer months before the northern hemisphere athletes have an opportunity when their summer season commences around April next year.

Stan Perkins

The Malaga Championships saw the conclusion of Stan's World Masters Athletics Presidency as he had served the maximum number of terms. Stan held the position since 2009. He has always put the interest of athletes first and many athletes from around the world will miss his smile, friendship and the fact that they could approach him on any issues. Stan has a very special claim in that he has always been followed by a woman into the president's position. This happened at State, National, Oceania and at World.

Be Positive

With our summer season getting under way I would like to challenge each of you to try a different event. So often we tend to stay with what we are familiar with and overlook a new and different challenge. We need more members to take the challenge of running/walking a shorter or longer distance than their usual, having a go at steeplechase, going over the hurdles, taking on a throwing event or a long/triple/high jump. We need more athletes learning pole vault. Whilst in Malaga I had a wonderful chat with a woman at pole vault who was 75 years. On her 71st birthday her husband's birthday gift to her was pole vault lessons. A whole new world opened up and she loves it. By the way, she came from a background in fencing.

Enjoy your summer in athletics

Wilma Perkins
AMA President

Congratulations

to all our Malaga Spain 2018 medalists

[Australian Medalists in Malaga Complete List](#)



Congratulations

Dawn Hartigan - VMA

Flag Bearer Opening Ceremony Malaga Spain 2018

Triple Gold Medalists



Lyn Ventris

W60 5k Walk 26:15.58,

10k Road Walk 53.26 WR,

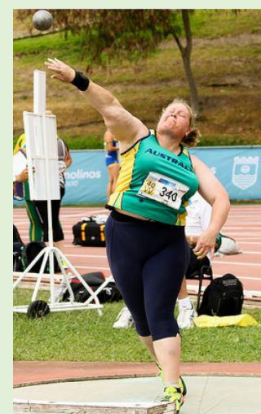
20k Road Walk 1:58.27

Byrony Glass

W40 Hammer 46.76m,

Weight Throw 15.42m

Throws Pentathlon 3690 pts



David Carr

M85 2000m Steeple 11.24.55

800m 3.33.03

1500m 7.19.89

[Complete WMA Championship Results from Malaga Spain 2018](#)

[World Masters Rankings](#)

[Malaga Official Photos](#)

[Graeme Dahl Photos](#)

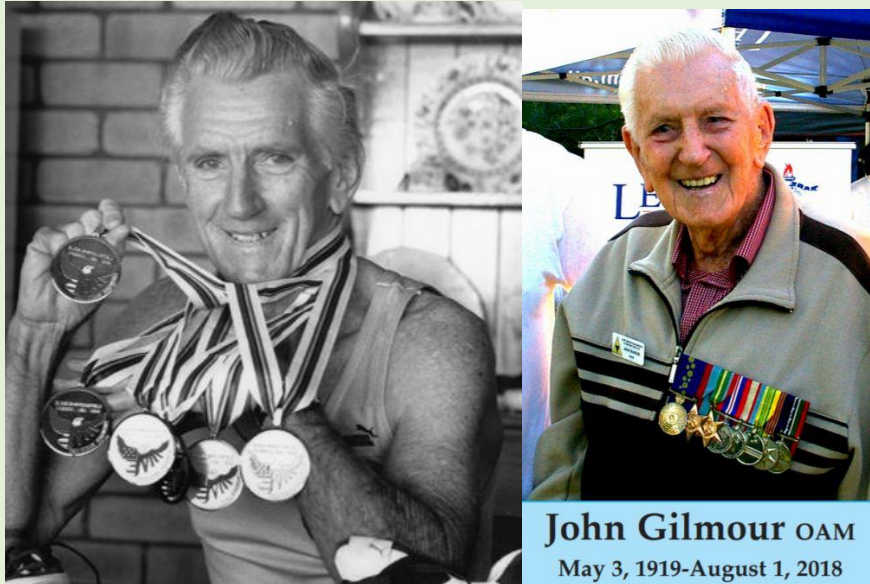
[Stuart Paterson & Janet Naylor Photos](#)

[W50 100m Final – Julie Brims - Gold](#)

Vale John Gilmour OAM

[Article by Vic Waters – Vetrun WA](#)

[Article by Bryan Thomas - ACT Masters](#)



On 1st August 2018 Australia and World Masters Athletics lost one most successful, courageous and remarkable athletes – the much loved and respected John Gilmour, who died in Perth whilst undergoing surgery, aged 99

John was the first recipient into the AMA Hall Of Fame for his incredible athletics achievements and contribution to athletics in general. John will be sincerely missed by all who knew him

AMA SINGLET & SHORTS AT A DISCOUNT



<https://shop.emlsports.com/ama/product-tag/bundle/>

Special Offers end 30th October 2018

Purchase **extra** AMA shorts and singlets will be available at the following discounted prices:

- | | | |
|--|-------------|-------------------------------|
| 2 x Singlets (ladies or mens) | \$70 | (normally \$40 for 1) |
| 2 x Shorts (ladies or mens) | \$70 | (normally \$40 for 1) |
| 1 x Singlet & Shorts (ladies or mens) | \$70 | (normally \$40 for 1 of each) |

Congratulations

Stan Perkins – QMA



The Outgoing WMA President awarded the 'Honorary Life President' at the 2018 General Assembly, Malaga Spain.



WMA Council 2018 - 2020

Lynne Schickert - MAWA

Has been appointed WMA Council Executive Vice President



Message from/to Australian Team Managers

To everyone who competed in Malaga, we hope you enjoyed the experience - Donna and Janet

Thank you Team Managers Janet, Donna and assistants Stuart, Anne and Rob for a job well done. Your work was very much appreciated by the Aussie team.

W50 Longjump competitors – Photo Stuart Paterson



A.M.A Events Calendar 2018 – 2019

AMA Winter Throws Championships 2018	Wollongong NSW	Sept 30 th - Oct 2nd
Alice Springs Masters Games 2018	Alice Springs NT	Oct 13 th – Oct 20 th
WMA Marathon Championships 2018	Toronto Canada	October 21st
Pan Pacific Masters Games 2018	Gold Coast QLD	Nov 2 nd – Nov 11 th
WMA Indoor Championships 2019	Torun Poland	March 24 th – 30 th
OMA T & F Championships 2019	Mackay QLD	Aug 31st– Sept 7th

FUTURE EVENTS

WMA Outdoor Championships 2020	Toronto Canada	
WMA Indoor Championships 2021	Edmonton Canada	Dates TBA
WMA Outdoor Championships 2022	Gothenburg Sweden	Aug 17 th - 27th

Want to contact us, or change how you receive this 'E News' email



<mailto:enews@australianmastersathletics.org.au>
[Australian Masters Athletics](#)



[Join the Australian Masters Athletics Facebook Group](#)

Copyright © 2018 Australian Masters Athletics Inc., All rights reserved.



left to right W70 and W65 4 x 400 both teams silver medalists

W70 - Anne Lang, Marge Allison, Lynne Andrews, Irene Davey,

W65 - Kathy Sims, Lyn Peake, Paula Moorhouse, Wilma Perkins